

Supplementary Material

Smartphone-based psychotherapeutic micro-interventions to improve mood in a real-world setting

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Supplementary Material Table 3. Characteristics of the sample of all subjects receiving micro-intervention instructions (N=30).

Categorical variables		
Variable	Category	n (%)*
Marital status	Single	22 (73.33%)
	In a relationship	8 (26.67%)
Highest degree	High school or equivalent	27 (90%)
	Bachelor's degree	3 (10%)
Size of household (including participant**)	1	2 (6.90%)
	2	0 (0%)
	3	1 (3.45%)
	4	23 (79.31%)
	5	3 (10.34%)
“I am very experienced in using smartphones”	Strongly agree	8 (26.67%)
	Agree	16 (53.33%)
	Neutral	4 (13.33%)
	Disagree	1 (3.33%)
	Strongly disagree	1 (3.33%)
Continuous variables		
Variable (unit)	Mean (SD)	Range [min, max]
Age (years)	24.28 (2.27)	[19.75, 28.70]
Full time education (years)	15.1 (1.37)	[12, 18]
Training participation (days)	11.4 (3.38)	[1, 13]

**Percentages may not total 100 due to rounding; **Information from one subject missing
Abbreviations: max, maximum; min, minimum; SD, standard deviation.*